

TINY BITES TOTAL BIG CALORIES

1/4 cup of orange juice is left in the carton. You might as well finish it, right?

Calories: 27= 7 minutes walking

You take a sliver of yellow cake at the office party.
After all, a "sliver" is OK!

Calories: 73= 18 minutes walking

Not yet satisfied, you eat 1/4 cup of left over macaroni and cheese.

Calories: 108= 27 minutes walking

One bite-size Snickers from the office candy jar is not much. It is bite-size!

Calories: 60=
15 minutes walking

A small sample of cheese & crackers at the grocery store is hardly anything!

Calories: 55= 14 minutes walking

Your child leaves a few french fries on the plate. Don't be wasteful! Ten french fries won't hurt!

Calories: 158= 40 minutes walking

You forgot to ask them to leave the mayo off the hamburger; 1 Tbsp of mayo.

Calories: 100= 25 minutes walking

You arrive home hungry & eat a handful of potato chips, 1/2 serving, about 8 chips.

Calories: 105= 26 minutes walking

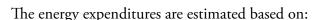
You are watching TV at night. 1/2 cup of vanilla ice cream sounds good.

Calories: 140= 36 minutes walking

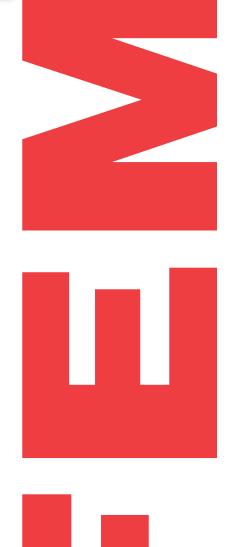
826 EXTRA calories per day!

Small steps towards change-REDUCE intake by 100 calories per day INCREASE steps by 2,000 per day

> www.nasa.gov www.ohp.nasa.gov NASA Occupational Health



^{*}A 44 year old woman,



^{*5&#}x27;4", 157 lbs

^{*}Walking at 3 mph